Concussions in Young Athletes

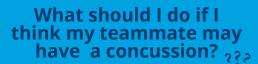
What is a concussion?

"traumatic brain injury induced by biomechanical forces"

How do I know if I have a concussion?

Symptoms that may appear:

- · Headache, pressure in the head
- Nausea
- Balance problems
- Dizziness
- Double vision
- Sensitivity to light/noise
- Feeling slowed down, foggy or dazed
- Confusion, difficulty concentrating



They may appear dazed or confused, answer questions slowly or not know the right play

- Report what you have observed to appropriate medical personnel or your coach
- Encourage your teammate to talk to their coach, medical provider, or parents
- Support your teammate

What should I do if I think I have a concussion?

stop playing and seek care





Seeking care for a concussion to your parent/guardian, coach, athletic trainer or other healthcare provider is important for recovery. The sooner you seek care the sooner you can get back to sport

How do I recover?

- Avoid activity that might put you at risk for hitting your head or body again
- Light activity that does not make symptoms worse
- · Take breaks if school make it worse
- Ask for temporary changes in the classroom (extra time, note takers, wearing sunglasses, extra breaks)
- Follow a return to learn and return to play protocol
- Do <u>NOT</u> go back into play before cleared by an appropriate medical professional
- <u>DO</u> listen to your body and take time to sleep, eat healthy meals, and rest from your sport

Facts about concussions:

- You do NOT need to lose consciousness to have a concussion
- Sleep is important for recovery waking up frequently is not needed
- No two concussions are the same; recovery differs by individual concussion
- Work with your athletic trainer or team physician for appropriate management



Drake

Master of Athletic Training



